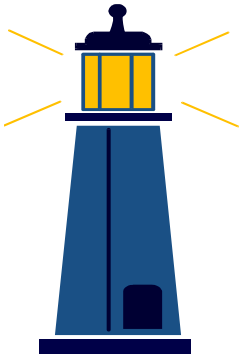
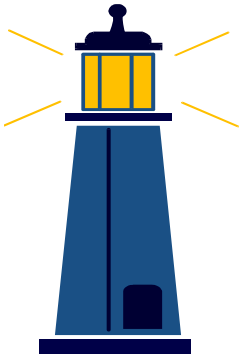
Suicide Prevention

Proactive Approach to Suicide Prevention



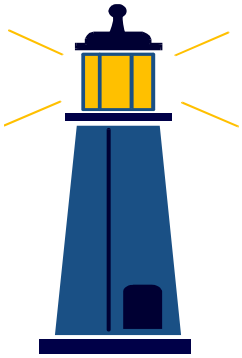
Learning Objectives

- Understand Primary Suicide Prevention
- Identify Protective Factors
- Identify Resources
- Promote Cohesion
- Encourage Helping Behavior



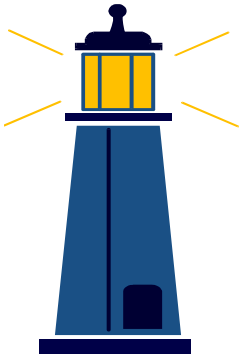
Primary Suicide Prevention

- Anticipates Potential Times of Crisis
- Structures Pre-emptive Support Systems



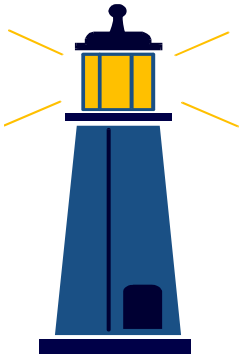
Identify Protective Factors

- Personal Protective Factors
- Environmental Protective Factors



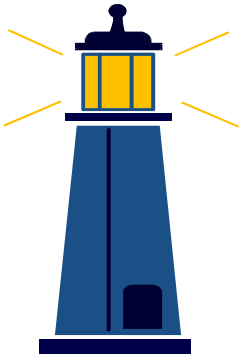
Personal Protective Factors

- Easy Temperament
- Life Skills
- Optimistic Outlook
- Social/Emotional Competence



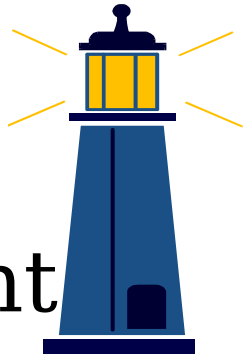
Personal Protective Factors

- High Self Esteem/Self Worth
- Sense of Belonging
- High and Realistic Expectations
- High Spiritual Resiliency



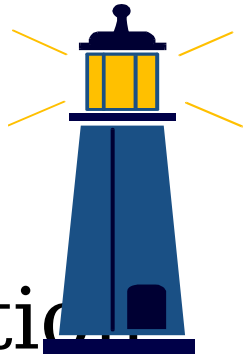
Environmental Protective Factors

- Strong Family Relationships
- Models of healthy coping
- Encouragement of participation
- Opportunities to make significant Contributions



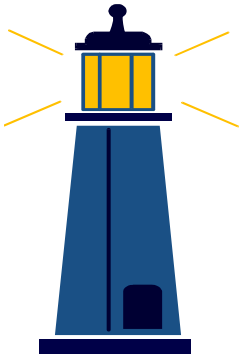
Environmental Protective Factors

- Available social supports
- Available helping resources
- Healthy Spiritual/religious affiliation
- Cultural and religious beliefs against suicide and in support of self-preservation



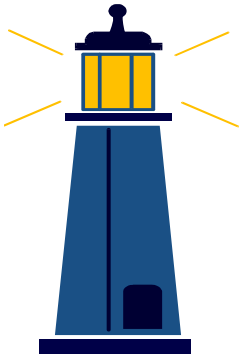
Identify Resources

- Army Community Services
- Counselors
- Chaplains
- Red Cross



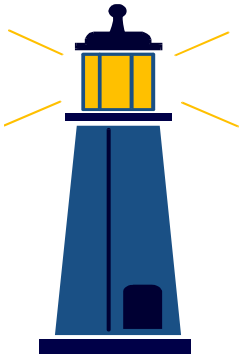
Identify Resources

- Emergency Room
- Community Mental Health
- Fellow Soldiers
- Moral and Welfare Recreation, etc.



Promote Cohesion

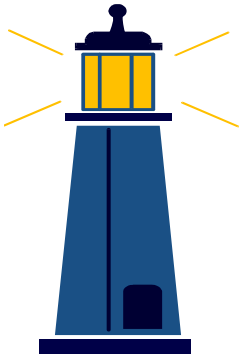
- Spiritual Connectedness
- Unit Cohesiveness



“We are our neighbor’s keeper”

Encourage Helping Behavior

“Seeking help is a sign of effectively dealing with problems, and of strength rather than weakness.”



Recommendations

- **Refer the person with problems to unit chaplain, SWS, Psychiatry**
- **Have family members attend suicide prevention briefings**
- **Command must support soldiers, of all ranks, seeking help**

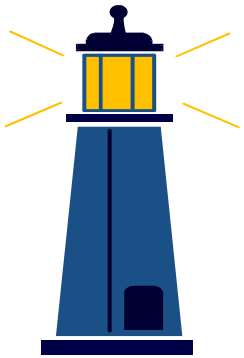
Recommendations

- **Educate sections in suicide and alcohol/drug prevention**
- **Encourage soldiers to get help for stress, suicidal feelings, marital discord, drug/alcohol problems, etc.**
- **A good sponsorship program for incoming soldiers**
- **A “buddy system” at the unit**

Helping a Suicidal Person

Follow L.I.F.E.

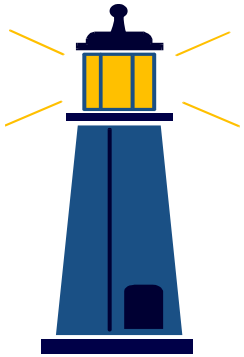
- L
- I
- F
- E



Helping a Suicidal Person

Follow L.I.F.E.

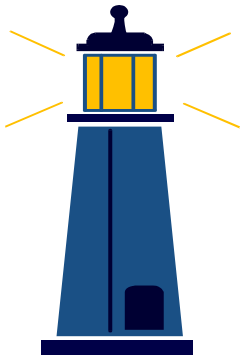
- ***L*ocate help: Staff Duty Officer/CH, ER, doctor, nurse, friend, family, SWS, Psychiatry, Chaplain**
- ***I***
- ***F***



Helping a Suicidal Person

Follow L.I.F.E.

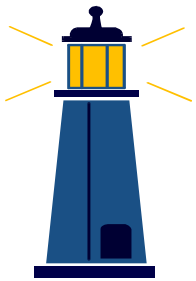
- ***L*ocate help**
- ***I*nform: Chain of command of the situation**
- ***F***



Helping a Suicidal Person

Follow L.I.F.E.

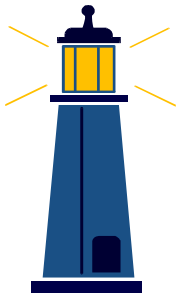
- ***L*ocate help**
- ***I*nform supervisors**
- ***F*ind: Someone to stay with the person.**



Helping a Suicidal Person

Follow L.I.F.E.

- ***L*ocate help**
- ***I*nform supervisors**
- ***F*ind someone**
- ***E*xpedite: Get professional help immediately**



Helping a Suicidal Person:

Numbers to Call for Help:

During Duty Hours:

Unit Chaplain: 371-2668/2684
PSYCH: 371-2690
SWS: 371-2084

After Duty Hours:

AOD/SDNCO: 371-2605/2615

CONCLUSION

"Human understanding is the most effective weapon against suicide. The greatest need is to deepen the awareness and sensitivity of people to their fellow man."

Edwin Schneidman, Ph.D., Founding President of the American Association of Suicidology